

## EAT LESS, LIVE LONGER.

**Jersey Physician Gives Advice to Presbyterian, Pastors.**  
Philadelphia Ledger.

If Americans ate less, and chewed their food properly, they would live longer.

That was the message brought by Dr. William H. Vail, of Newark, N. J., yesterday to the Presbyterian Ministerial Association. He told the ministers the average American spends nine-tenths of his life trying to make money, and the remaining one-tenth "trying to get well." "It is our own fault," he said, "if we have indigestion. We eat too many delicacies and too much soft food." More hard food was recommended by the physician. Nature, he said, never intended man to suffer from indigestion.

Dr. Vail put the ban on grapefruit. He said there was no excuse for it; it "causes a peck of trouble" and should be stricken from the menu. In proof of his argument, he said the first order a physician gives to a sufferer from dyspepsia is to quit eating grapefruit. "There are more deaths brought on by indigestion nowadays than ever before," he said. "It's because we haven't natural appetites."

Of course, the Doctor put a ban on meat. Vegetables, he said, should constitute our principal diet. If people must eat meat, it should be consumed in small quantities. Desserts should be banished altogether. "There is too much hurried eating," Dr. Vail said. "Too many of us live to eat. Others only eat to live. Neither are right. What we want to do is to live in spite of eating."

Dr. Vail said chewing gum was good for the teeth and for digestion. But he admitted many boys and girls "overdo it." And "overdoing it" seemed to be one of the principal faults of the American people, according to the physician.

## IT'S A DEADLY EXPLOSIVE.

**Tri-Nitro-Toluol Is Used By Germans In Mines.**

London Tit-Bits.

This is the name generally used for a high explosive called "tri-nitro-toluol," which the Germans use in the floating mines with which they have sown the seas. Toluene is the basis of this explosive, and is obtained from benzole, a product of the distillation of coal tar.

The Germans devoted great attention in the years before the war to the production of benzole for use as a motor spirit in the place of petrol, and produced as much as 46,000,000 gallons of benzole a year. The percentage of toluene in this benzole varied from 7 to 20 per cent, and on the outbreak of war Germany seized the whole of the immense stock, which they used for government motor traction, and from it produced toluene. They were lucky enough, too, to seize Belgium's supply, with the result that Germany has huge supplies of T. N. T. for use in mines, torpedoes and shells.

T. N. T. consists of toluene which has been trinitrated, and is now regarded as superior to either gun cotton or picric acid, which were the staple of British explosives when war began. But Britain is not far behind Germany in its production of this explosive. Mr. H. W. Forster announced in the House of Commons some time ago that our supply was ample for our own use and also to enable us to assist our allies. Of late years the distillation of benzole from coal tar has extended considerably in Great Britain, the output of benzole for export having risen from 2,000,000 gallons seven years ago to 6,654,000 in 1913, much of which was hitherto exported to Germany, and, though benzole is still being used by motorists today, it contains no toluene, for it was all extracted before it was put on the market.

## TRIMETHYLMETHOXYPHENOL

**A Drug That May Prove A Specific For Trouble In One's Midst.**  
New York Sun.

Clinical tests of the new drug trimethylmethoxyphenol have advanced far enough to induce American Medicine editorially to praise it, though admitting that it must undergo much more study before it can be hailed as the best of intestinal germ slayers. The drug is to have a simpler name, when somebody gets time to read its present name and think up something else.

In its September issue American Medicine says of trimethylmethoxyphenol:

"This new drug, which J. T. Ainslie Walker, the English chemist, has discovered, has been under critical clinical investigation by disinterested observers for many months. These investigations seem to justify the early expectations that this drug will be of remarkable value as an intestinal bactericide. Introduced into the intestinal canal, it is 40 times more potent as a destroyer of germs than a 5 per cent solution of pure carbolic acid would be."

The new drug apparently has no toxic or poisonous effects, and it is not absorbed or altered in any way in the body. Just how it kills germs is so far a mystery. Many drugs that try out successfully in the chemical laboratory fail when tried on human beings in the clinic, but so far trimethylmethoxyphenol seems to have met every test.

## BERLINERS CONFIDENT.

**Think Britain "Has" Gone to the Dogs.**

London Cable to New York Sun.  
The Times publishes today an article by its neutral correspondent, who arrived in England from Germany last week, describing the night life in Berlin as abnormally gay, "as if it were meant as a display of popular confidence." The correspondent continues:

"No matter with whom you talk, high or low, civilian or soldier, you cannot help seeing their supreme confidence. I talked with several government officials and all tried to impress upon me the fact that Germany has no fears with regard to the future. An under secretary of the foreign office, whose knowledge of England and the English people was gained in the course of long residence in London, said to me:

"The majority of Germans think that Britain has gone to the dogs. They know the English people as a comfort loving race. They read James Henry Thomas' speech in Parliament and they heard about the Welsh coal miners' strikes; they read Lloyd George's preface to his book, 'Through Terror to Triumph.' Naturally they think the country is on the brink of revolution. Our people realize that things are hardly as desperate as they appear, but we also know that a country which depends on a voluntary system is bound to have every kind of trouble."

"If I know England rightly she is not satisfied with the men at the head of her government. We appreciate the value of freedom as do the English, but there are times when our form of government has advantages over every other, and this is one of them."

"We think we have the war won, but we are not deluding ourselves. A tremendous task is yet to be accomplished. Fortunately we are well prepared and the future may have some surprise in store for those who still think that Germany will be crushed."

"Do the English people use that expression now? It hurts them more than it does us."

The correspondent asserts that Germany needs rubber badly, but that the supply of cotton is by no means exhausted and will last many months. Old tin cans are collected for military purposes, but it is foolish, he says, to suppose that brass and copper utensils are being stripped. No metal is wasted or allowed to remain without serving a useful purpose, but "Germany is far from being in dire need of metals." The correspondent continues:

"Food in Germany is much dearer than it was a year ago, but there are no signs of extreme poverty. The charges in the restaurants are not higher than in London. You can get in the best ones practically anything."

"Germany will not freeze nor starve in the winter. Coal stored along the railroads between Berlin and Holland shows that the mines have been busy during the summer. There is an abundance of potatoes; the present crop is said to have broken all records. It looked as the government had ordered every farmer to plant potatoes and no body disobeyed."

## ELECTRIC CHAIR FOR THE FAT.

New York Sun.

The electric chair is now proposed for all fat people.

This at first sight seems to be in violation of the constitutional rights of American citizens as a cruel and unnatural punishment, but the electric chair in question is not a punitive institution, rather a remedial one, and it is located not at Sing Sing but at the Electrical Exposition at the Grand Central Palace.

Its function is to reduce adipose tissue by the synchronous contraction of the musculature primarily and secondarily through the electro-chemical action of the faradic current passing through the tissues. At least that is how the professor in charge of the chair explains it.

In appearance it is somewhat like its remote cousin in the care of Warden Osborne, being fashioned after the style of an armchair with electrodes attached.

All one has to do is sit in it quietly for an hour or so in order to lose a couple of pounds of surplus weight.

Those who have examined the new invention predict that it will become popular as soon as the dread of sitting in a contraption of such a character is overcome. It will appeal strongly to fleshy folks, it is thought, because it offers a method of relief quite different from the usual ones of banting, exercising and otherwise mortifying the flesh.

The chair is on exhibition at the hospital, which is one of the 163 exhibits at the exposition.

## A Wish.

Philadelphia Ledger.

Papa was sitting by the table reading his evening paper generally, and when he came across an item of interest he read it aloud to mamma. Little William, a typical "little pitcher with big ears," as a rule was not in the least concerned about the items his father read aloud. But the other evening he was mightily interested.

"I see, ma," said papa, "that the fishermen around Cape Cod have gone out of the whaling business and—"

Up spoke William promptly: "Gee whiz, papa, but I wish you was a Cape Cod fisherman!"

## ROCKEFELLER PAYS TRIBUTE TO FATHER.

**The "Tenderest And Most Democratic of Men," He Tells Denver Assemblage.**

New York Times.

John D. Rockefeller, Jr., received an ovation lasting several minutes at the close of an address which he delivered today to 500 business men at a luncheon of the chamber of commerce. His address was largely devoted to a defense of his father, whom he eulogized as the "tenderest and most democratic of men."

"The reception you have given me today is the finest thing I have encountered since I came to your State three weeks ago," Mr. Rockefeller said in acknowledging the applause following his introduction. "I accept your hospitality gratefully—not alone for myself, but also for my father, whom I represent."

"Gentlemen, my father has been criticized, maligned, and condemned for years for his business success achieved through his ability to gain the confidence of men, to harmonize conflicting interests, and to effect economies in production—even because of his philanthropic enterprises. But he cherishes no bitterness toward those who have condemned him, and has nothing but good will for all men."

He then described his father's home life and his democratic ways. "My father does not know the meaning of fear," he continued, "and yet he has all the gentleness of a woman. Some time ago an aged negro caretaker died at his little cottage on the estate. The very first person to the old negro's house was my father, and he was just as sympathetic with the widow as if the dead man had been his brother. He assisted in making the funeral arrangements, and followed the coffin to the grave, where he stood with tears streaming down his cheeks until the coffin had been covered."

"That old negro meant as much to him as nearly any man living. That is the kind of a man my father is. Any democratic ways I may possess are due to the training he has given me. I wish that every man here could meet him. Had he come to Colorado three weeks ago you would have lost all sight of me."

"My father has been for many years a good friend of the State of Colorado. His confidence in the future of the State has been shown by his placing of considerable sums of money in the Colorado Fuel and Iron Company. On the common stock of that company he never has received one cent in dividends, but he has not lost faith in the future of Colorado."

The speaker then referred to his testimony in 1914 before the Congressional Committee which investigated the Colorado coal miners' strike.

"The inference sometimes drawn from it that father and I were fighting organized labor was untrue," he said.

Mr. Rockefeller read extracts from his testimony before the Federal Commission on Industrial Relations in which he expressed his belief in labor unions, provided they were so organized as to leave "every worker free to associate himself with such groups or to work independently."

The extracts concluded with a statement that the interests of both labor and capital must be conserved or both would suffer.

"It is upon that last declaration that the industrial plan accepted by our company and its employees has been developed," Mr. Rockefeller added. "A spirit of democracy underlies our industrial plan, as contrasted with the plan common among other organizations of labor, where only those who elect to join the organization are entitled to its benefit."

"There is one thing that must never happen again—a strike in the company in which my father is interested. I have so instructed the officers of our company, and to that end my father and myself ask the co-operation of every citizen of Colorado."

## TURKS RUE THEIR COMPACT

**The Outlook Correspondent Says They Realize It Means Vassalage.**

(F. L. Waldo, in the Outlook.)

The Turks rue their compact, yet pride keeps them from the explicit confession. They realize that a victory for Germany means vassalage for them. They know that victory for the Allies means "liquidation." Moreover, a tobacco merchant who knows the Arabians and their country well told me that there are tremendous rumblings of dissensions from that quarter. Millions of Arabs are not at all satisfied to have their political destinies determined for them by perhaps one-sixth or one-seventh of their number, especially when this minority has shown itself absolutely incapable of ruling.

## It Paid To Sleep.

Manchester Guardian.

There was only a thin partition between the bar parlor and the taproom of the suburban hostelry, so that I could not help hearing what was perhaps a confidence about a certain Bill's terrible condition the previous afternoon.

"Well, to cut a long story short," said the voice, which was husky, probably with emotion, "I had to set 'im on a doorstep and leave 'im there. 'e hust 'a fell asleep and 'is 'at dropped on 'a footpath, an'—would yer believe it?—when 'e woke up there was 11 pence in it!"

## FOR A GREATER BULGARIA

**Her Territory To Be Doubled If the Teutons Win.**

Philadelphia Ledger.

Bulgaria will more than double her present area, provided first, that her cause and that of the Central Empires is successful in the war, and second, that Bulgaria gets all the territory reported to have been promised in return for her aid. Dispatches some time ago related that Germany had agreed that all European Turkey was to be Bulgaria's, the Turk being supposed to be compensated with Egypt, Northern Persia, and Russian possessions in Asia. Later dispatches declare that a secret treaty pledges Bulgaria all Albania (11,500 square miles), Servian Macedonia (16,900 square miles) and approximately 10,000 square miles of Greece, including Salonica and Greek Macedonia.

European Turkey includes 10,882 square miles. The sum of these regions is 49,282 square miles, and Bulgaria's present area is 43,305 square miles not counting the 1,200 square miles ceded to Bulgaria by Turkey along the line of the Debaratch railway, which might be called King Ferdinand's retaining fee. But there is much more to be added. The above reckoning does not take in the territory now included in Northeastern Serbia, between the Morava river and the present border of Bulgaria. Bulgaria has indicated that if she wins she will demand this slice of land in order to have a boundary continuous with Austria. This Morava region includes approximately 5,000 square miles, making a grand total for Bulgaria—provided again that she wins and gets it—of about 5,000 square miles. Servia would be left little larger than Montenegro.

## 200,000 DRUG VICTIMS.

**That Is Revised Estimate of Number In This Country.**

Washington Star.

How many drug addicts, popularly known as "dope fiends," are there in the United States? Some writers have gone so far as to assert that 2 per cent. of the population of the country or about 2,000,000 persons are victims of habit-forming drugs, but experts of the United States Public Health Service who have just completed an inquiry into the matter reach the conclusion that the number is probably not far from 200,000 just one-tenth the lay estimate.

The Public Health Service found the question a difficult one to answer, for obvious reasons, and was obliged to make checking estimates from various points of departure. It was known, for instance, that the amount of opium and its derivatives legitimately imported in a year is sufficient for 2,500,000 average doses, and that the amount of coca leaves and cocaine similarly brought into the country annually would make 325,000,000 average doses. Since the amount of habit-forming drugs brought in illegitimately is known to be very small, the service took the import records as setting the extreme limits of use by addicts.

In Tennessee, where a strict anti-narcotic law is in force, the service found the most trustworthy data as to the number of addicts and the amounts of drugs consumed. Just 2,370 users of habit-forming drugs, two-tenths of 1 per cent. of the population, were registered a year after the law went into effect and the users of opium and its derivatives each consumed an average of 12,000 doses a year. The same ratio applied to the whole country would give 118,000 addicts using 1,416,000 average doses. Cocaine users, the Public Health Service estimates, increase the total of drug victims to 200,000.

Though the new Federal Anti-Narcotic law has been in effect only a few months, the investigators found that such statistics as it has made available so far bear out their statements that previous estimates of the number of "dope fiends" have been excessive. The Government's health experts state, however, that the real conditions are bad enough and that the amount of opium and coca consumed in America is out of all proportion to the needs for medical purposes.

## AUTUMN PEAS TOO FAT.

**Can't Be Compared With the Tender June Variety.**

Columbus Journal.

Now comes the saddest part of the year, when the telephone and other fat peas push aside the sweet and modest little peas of other happy days.

It is said that some people are ready to welcome the telephone, the marrow fat and other big and elegant peas, but they are the class who believe that the glory of life consists in quantity instead of quality. Really the times are out of joint when we are compelled to give up the lovely primitive peas, with their delicate taste of sunbeams and birdsong, and the sweet breath of the morning, for those fat and stupid peas that taste of mud and the squealing of pigs.

There ought to be something done about it. The big, tasteless peas man should be arrested and plunged into jail to reflect upon the ravages he has inflicted upon the joy of people. But let us go back and make it a penal offense to raise peas for bulk and not for flavor. The strawberry and the old-time pea are the two fairest creatures of the beautiful June days.